

# DINE for LIFE\*

## In Durham Public Schools (2008-2009 school year)

The DINE for LIFE program provides nutrition education in 13 elementary schools and 5 middle schools in Durham, North Carolina. Through a sequential nutrition curriculum, taste tests, cooking labs, environmental cues and school-wide promotions, nutritionists encourage students and their families to adopt healthier lifestyles.



**Student Chefs in Life Skills Class at Chewning Middle School, 2009**

### Teacher Feedback on the DINE Series Curriculum and Resulting Behavior Change (2008-2009)

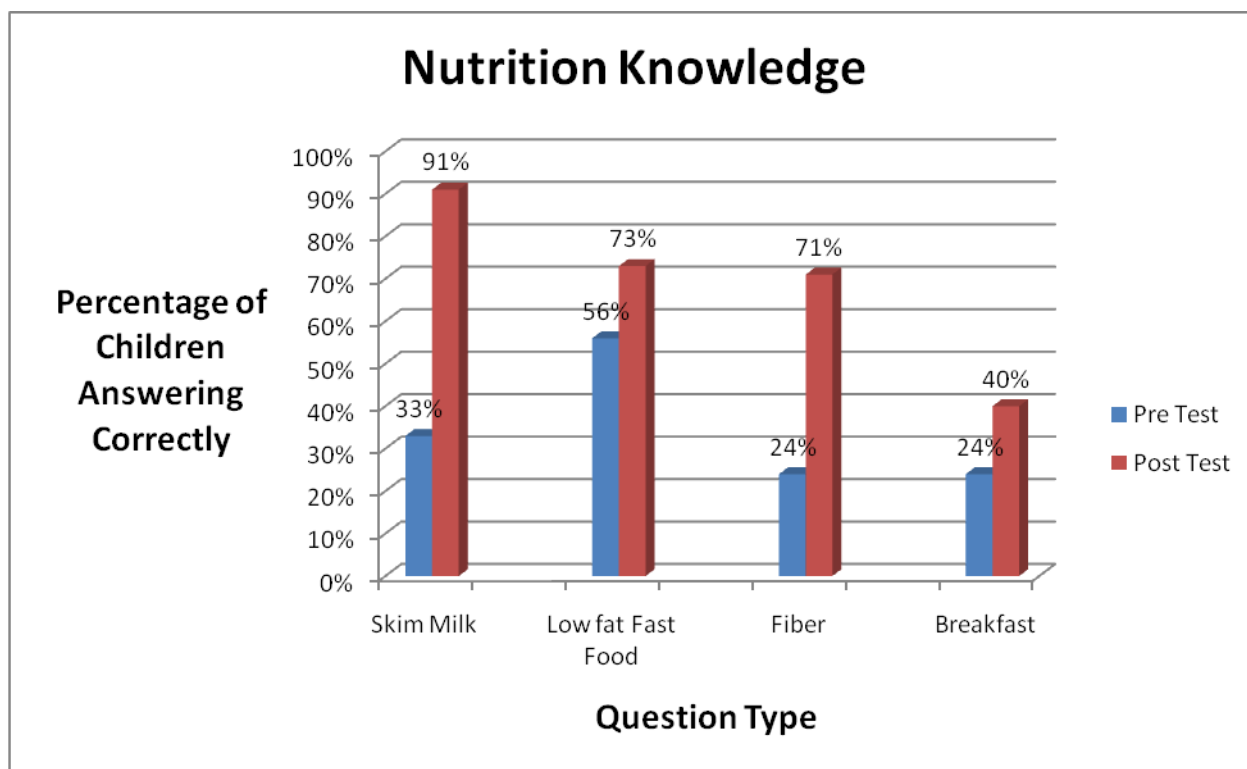
- ✓ “ More students indicate they are now eating breakfast.”
- ✓ “ I hear the students talking about nutritious snacks.”
- ✓ “The lesson about snacks and the amount of fat in certain foods had a great impact on them because they could see the fat contained in each food.”

\* **DINE** for **LIFE**: **D**urham’s **I**nnovative **N**utrition **E**ducation  
for **L**asting **I**mprovements in **F**itness and **E**ating

DINE for LIFE is funded by USDA’s Supplemental Nutrition Assistance Program (SNAP)  
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## Program Outcomes

- **Skim Milk:**
  - After nutrition education, the number of students who identified skim milk as the healthiest type of milk for their body increased 58%.
- **Fast Food:**
  - The number of students who were able to correctly determine a low fat menu item at McDonald's improved 17%.
- **Fiber:**
  - The percentage of students who correctly identified fiber as a substance found in whole grains that lowers cholesterol increased 47%.
- **Breakfast:**
  - The number of students who were able to recognize a healthy breakfast choice containing 3 food groups increased 16% after nutrition education.



**\* DINE for LIFE:**

Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating



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